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DIVERSITY AT THE SAG AWARDS

The Oscars are looking extra white now this year. 17

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Jack Black on 10 years of 'Kung Fu Panda.' 18

WHO'S NO. 1?

We rank the top 10 NFL players of all time ahead of Super Bowl 50. Where does Giants great Lawrence Taylor land? 22

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LAST 2 ESCAPEES CAUGHT

1 The last two fugitives who broke out of a California jail last week were arrested on a tip from a man who saw their stolen van in the parking lot of a San Francisco Whole Foods supermarket, authorities said. The manhunt came to an end when Hossein Nayeri, 37, and Jonathan Tieu, 20, were apprehended in San Francisco's park district about 375 miles north of the lockup. REUTERS

MOTORCYCLE EXPO FATAL

2 A battle involving gunfire and knives erupted at a Denver motorcycle exposition on Saturday afternoon, leaving at least one person dead and sending seven people to the hospital, authorities said. There were no immediate arrests in the mayhem, which took place at the Colorado Motorcycle Expo at the National Western Complex, Denver Police Chief Robert White said at a news conference. The event was canceled for Sunday. Police were talking to several witnesses and a "person of interest" about the incident. REUTERS

NO FURTHER PUNISHMENT

3 Defense Secretary Ashton Carter has decided not to impose further punishment on David Petraeus, a former U.S. military commander and CIA director who admitted sharing classified information with his mistress, according to a letter seen by Reuters. The short letter was sent by Stephen Hedger, the assistant secretary of defense for legislative affairs, and the decision is in line with an Army review. REUTERS

FAN FAVORITE

7 Stephen Curry of the Golden State Warriors signs autographs before the game against the New York Knicks on Sunday at Madison Square Garden in New York City.

ALL PHOTOS BY GETTY IMAGES

BRONX HOME ROBBERY

4 Police are looking for two men they said robbed a Bronx apartment on Saturday while armed and after tying four people up inside the home. On Jan. 30 at about 10 a.m., the suspects — who were armed with guns — knocked on the door of an apartment in a building on Beck Street and claimed to be exterminators, authorities said. When a 34-year-old woman answered the door, the two men pushed their way into the apartment and tied her up, along with three other people who were inside. ANGY ALTAMIRANO

2 STUDENTS CHARGED

5 Two Virginia Tech engineering students were jailed on charges connected to the disappearance of a 13-year-old girl whose remains were found in North Carolina after a four-day search. David E. Eisenhauer, 18, a freshman from Columbia, Maryland, and member of the university's cross country team, was arrested on abduction and murder charges in the death of local teenager Nicole Lovell. A second student, sophomore Natalie Marie Keepers, 19, also has been arrested, the university said. REUTERS

LAUGH THROUGH TEARS

6 Comedian Gilbert Gottfried made mourners laugh through their tears on Sunday at the funeral for his friend, actor Abe Vigoda. "This is the 20th time we buried Abe Vigoda," Gottfried announced to a memorial service audience. It was a running joke about whether Vigoda was dead or alive, the result of a false report of his death decades ago. METRO

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Master's: February 10, 6:00 pm
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BRIEFS

Drunk driver strikes police car, causing fiery crash in Staten Island: Police

A Staten Island woman was arrested and charged on Saturday after allegedly driving intoxicated, disobeying a stop sign and crashing into a police car — which then struck a tree and burst into flames, according to authorities.

On Jan. 30 at about 5:35 a.m., a 2011 Hyundai Sonata — operated by 23-year-old Jacqueline Perez — was traveling northbound on Townsend Avenue, police said. Perez attempted to make a left turn onto Bay Street, disobeying a stop sign, and struck a marked police car that was traveling eastbound on the road.

The impact of the collision caused the police car to hit a tree and burst into flames, according to police.

Emergency personnel responded to the scene and transported the two police officers who were in the vehicle to Richmond University Medical Center with minor injuries. The two were listed in stable condition.

Perez was arrested and charged with two counts of vehicular assault and driving while under the influence.

NYC sees 400 manhole fires in one week

As the snow left by Winter Storm Jonas melts, 400 manhole fires broke out in New York last week.

Sparks can be caused by snow runoff mixing with salt, NBC reported, stating that such occurrences can lead to manhole explosions as well as power outages, which were reported in all five boroughs.

Con Ed reported that there were 60 manhole fires last Wednesday alone.

Residents have been injured in past winters by flying manhole covers, and carbon monoxide from manhole-fire smoke can leak into area homes, according to Gothamist. **ANGY ALTAMIRANO**

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New Yorkers will see less helicopter tours near residential areas and major parks. **BESS ADLER, METRO**

Agreement reached to reduce noise, number of tourism helicopters

By January 2017, nearly 30,000 flights will be eliminated per year.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

It's a deal hoping to keep both sides happy.

The New York City Economic Development Corporation (NYCEDC) and the Helicopter Tourism and Jobs Council (HTJC) announced Sunday that an agreement was reached to reduce the impact of tourism helicopters on New Yorkers — while also continuing to preserve the industry, which brings the city millions of dollars.

Under the deal, tour operators are expected to reduce the number of flights to and from the Downtown Manhattan Heliport — operated by Saker Aviation — by 50 percent by January 2017. This decrease will result in about 30,000 flights being eliminated per year.

It was also agreed that flights will end on Sundays and will be prohibited over Governor's Island.

The agreement came as a result of months of negotiations between the NYCEDC, HTJC and local elected officials.

The terms of the agreement stated that beginning April 1, all tourist flight operations from the Downtown Manhattan Heliport will be prohibited on Sundays.

The heliport concessionaire will lower that total allowable number of flights from 2015 level by 20 percent starting June 1. By Oct. 1 the number will be reduced by 40 percent, and will reach 50 percent by the beginning of 2017. Any flights that go over these numbers will force more reduction in the tour flight levels.

Starting in July, tour operators will have to provide monthly written reports to the NYCEDC and City Council detailing the number of flight operations out of the Downtown Manhattan Heliport compared to the agreed total. The report will also be required to include information on flights over land and which go away from the agreed routes over water. A third party will be present to verify reports periodically.

Operators are prohibited from flying over Governor's Island. Any flights that pass over Staten Island will have to reach maximum altitude and work together with air control towers at Newark and LaGuardia airports.

GETTY IMAGES

BOLARIS: POLAR VORTEX TO KICK OFF ON SUPER BOWL 50

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

The January blizzard of 2016 is now in our weather rearview mirror, and our atmosphere is what meteorologists call "the relaxed mode."

That's because the polar jet has retreated north of the border and much milder air will take over for awhile. A major storm system will move through the Ohio Valley on Wednesday, meaning we will be on the eastern flank, which is the mild side of the storm, and should be an all-liquid event.

The flow out ahead of the storm could set a few record-high temperatures on Wednesday as readings soar into the 60s. I'm a bit concerned of scattered small-stream flash flooding, mainly in the Philly and New York City regions as the combination of what's left of the snow melts and liquid amounts exceeding an inch might lead to some limited flooding.

The return of the polar vortex will arrive just in time for Super Bowl 50's kickoff this Sunday.

The polar vortex has been in limited supply this winter season, making only one true appearance during our January blizzard. The one that will arrive on Sunday night is a ticking snow bomb. Right now, the energy associated with its leading clipper and attached polar front would lead to nose-diving temperatures and widespread flurries and snow showers.

Models are hinting that the energy with the lead clipper will eventually lead to a secondary strong storm to form somewhere along the Northeast coast, with the best chance of significant snow for New England. High uncertainty remains where the exact placement of storm intensification will take place.

New York City

Record-high temps by Wednesday. Most of the snow continues to melt away, and temperatures this week will be on the rebound.

Tuesday will be the nicest day as temps will be in the low 50s with a fair amount of sunshine.

Major storm expected on Wednesday. This one will be all rain, with the chance of scattered small-stream flash flooding. Record-high temps as the mercury soars into the 60s.

Polar vortex returns on Sunday. Right now it looks like nose-diving temps with flurries and scattered snow showers. Must watch for possible coastal development, which would mean big changes to the current outlook.

Time frame to watch: Feb. 10-11 storm threat; rain, possibly snow.

BRIEFS

Elderly man pushed, robbed at Manhattan subway station
Police have been searching for a suspect they said pushed a 70-year-old man as he was entering a subway station before robbing him on Friday afternoon.

On Jan. 29 at about 3:05 p.m., the victim was entering the Bowery Street station in Manhattan when he was approached from behind by the suspect — described as a black man — who then pushed the elderly man, causing him to fall to the ground, according to authorities.

The suspect then removed an undetermined amount of money and a senior citizen's MetroCard from the victim before fleeing eastbound on Bowery Street, police said.

The victim sustained a cut and swelling to his forehead and was treated at a local hospital.

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 800-577-TIPS.

The public can also submit their tips by logging onto the Crime Stoppers website or texting their tips to 274637 (CRIMES) then enter TIP577.

ANGY ALTAMIRANO

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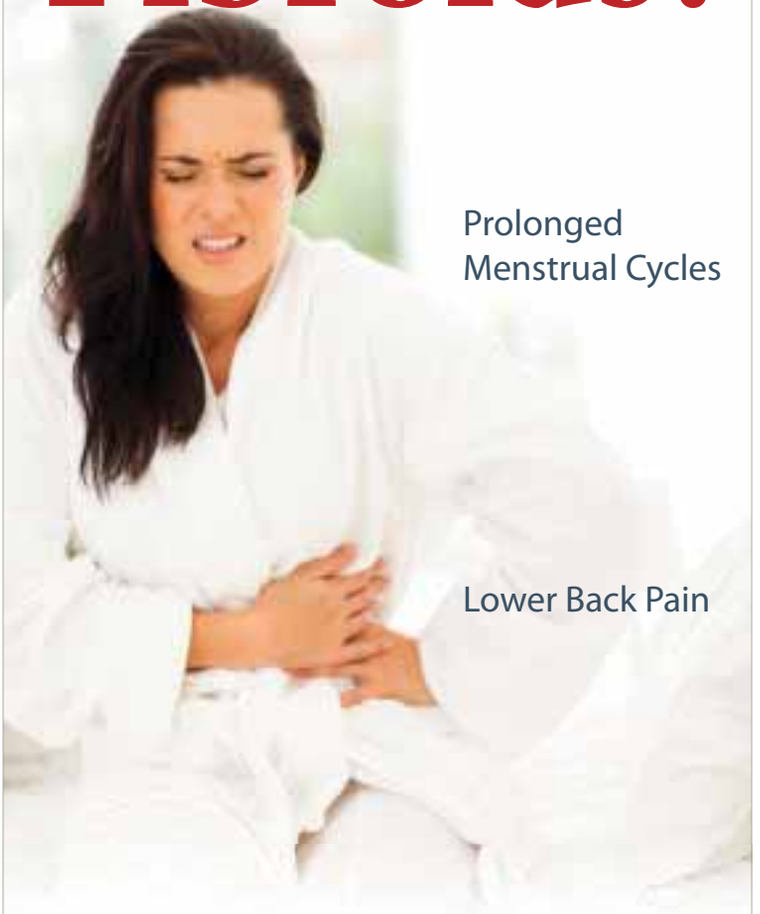
Fibroids?



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Safety improvements announced for city mental health shelters

Mayor Bill de Blasio announced the city will enhance security measures and add more mental health professionals at city shelters.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

Following a murder at an East Harlem homeless shelter last week, the city plans to boost security at shelters and offer more help for mentally ill homeless New Yorkers.

Just before midnight on Jan. 27, 62-year-old Deven Black — a former city schoolteacher and resident at the Boulevard Homeless Shelter on Lexington Avenue — was found with his throat slit and head almost severed, according to the New York Daily News.

Police are now trying to track down 21-year-old Anthony White, who was Black's roommate at the shelter and who lashed out after his iPhone was allegedly stolen, the Daily News reported.

On Saturday, Mayor Bill de Blasio announced that as part of his continuous effort to battle homelessness, the city will enhance security measures and add more mental health professionals at mental health shelters in hopes of preventing another violent crime from happening.

"The murder of one of our shelter residents is shocking and disturbing, and we must address shelter security with urgency," de Blasio said. "Our shelters should be safe environments where homeless people, with and without mental illness, can be treated with respect, become self-sufficient and move to permanent housing."

Within the next few days, the NYPD will be increasing security at the Boulevard Homeless Shelter — which was also the site of a fatal stabbing in 2013 — and will complete a systemwide security assessment of all 27 mental heath shelters throughout the city.

The city will also send out new mental health teams to Department of Homelessness Services (DHS) intake centers to help evaluate service and shelter-placement needs of residents.

In addition, DHS will deploy extra peace officers to all the mental health shelters for 24/7 surveillance. The agency will also provide additional funding to strengthen mental health services at all DHS and contracted mental health shelters.

As part of the improvements, the city will also be implementing a new 24/7 communication process between NYC Health + Hospitals and DHS shelters to ensure better coordinated case management — including updates in status and treatment needs — and allow shelter operators to better support the residents.

> ***"Our shelters should be safe environments where homeless people, with and without mental illness, can be treated with respect, become self-sufficient and move to permanent housing."***
>
> Mayor Bill de Blasio

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Man slashed in face at subway station after argument

The slashing happened after the victim got into an altercation with a female straphanger.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

Last week, four people's faces were slashed on the subway by random suspects who later fled. Since the start of the new year, a total of 12 face slashings have occurred in the city.

A man was slashed in the face early Sunday morning following an argument with a woman on a subway platform in Harlem, according to authorities.

The incident occurred at about 3 a.m. on the southbound side of the 2 train platform at the 110th Street station, police said. The 27-year-old victim was waiting for the subway when he got into an altercation with a woman.

Following the dispute, the woman left the station and returned with another man, police said. That man then allegedly slashed the victim in the face.

The victim was taken to Mount Sinai St. Luke's Hospital in stable condition.

No arrests have been made and the investigation is ongoing, cops said.

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RESEARCH

A new investigational therapy study for grass pollen allergy sufferers aged 18-50. Compensation up to $6,100 upon successful study completion.

The investigational medication being tested in this study is GrassMATAMPL in the form of subcutaneous injections (needle injections given just under the skin), which has been developed by the study sponsor. The course of injections is designed to provide specific immunity to (protection against) grass pollen allergy for the long term relief of symptoms like runny, stuffy nose, sneezing, and itchy, watery eyes when exposed to grass pollens. There is increasing evidence that the effectiveness of allergy immunotherapies is correlated to the cumulative dose (total combined dose of treatments) of allergen administered. Higher cumulative doses of allergen increase the efficacy of the product.

This study utilizes Inflamax Research's mobile Environmental Exposure Chamber, referred to as mEEC®, to bring on allergy symptoms in a controlled manner. You are required to attend two, four day sessions, at either the Cincinnati, Ohio, or Neptune, New Jersey EEC. At the EEC you will answer questions about your allergy symptoms inside the EEC. Each EEC session will last for 3 hours, and the total time at the site will be approximately 4.5hrs per day.

If you are deemed eligible to continue in the study after the first 4 EEC visits, you will return to your local study clinic for 6 study treatment visits approximately one week apart.

After the study treatment visits you will return to the same EEC location for the second set of EEC sessions; 4 days, approximately 4.5hrs per day.

Finally, you will return to your local study clinic for one follow-up visit. After this follow-up visit, 3 scheduled telephone interviews will be conducted at 3,6, and 12 months after your last study treatment day.

What Are Environmental Exposure Chambers?

Allergic subjects sit in an environment room and are exposed to a controlled level of airborne allergen. Volunteers exposed to allergen in this environment develop allergic symptoms in a known, predictable manner. The volunteers are asked to record instantaneous symptoms on a diary card. The resulting data are superior compared to traditional methods of evaluating anti-allergic therapies in development.

The investigational medication being tested in this study is GrassMATAMPL in the form of subcutaneous injections (needle injections given just under the skin), which has been developed by the study sponsor, Allergy Therapeutics (UK)Ltd. The course of injections is designed to provide specific immunity to (protection against) grass pollen allergy for the long term relief of symptoms like runny, stuffy nose, sneezing, and itchy, watery eyes when exposed to grass pollens. The substance injected consists of grass pollen extracts, which has been modified by a chemical called glutaraldehyde to reduce its allergic potential which can cause local and whole body reactions. These extracts are adsorbed onto substance called tyrosine which is a natural component of the body but when given with the pollen extract helps to release it slowly from the injection site. This is the basis of the name, Modified Allergen Tyrosine Adsorbate shortened to MATA. In addition a substance called Monophosphoryl lipid A (MPL®) has been added to enhance the protective immunostimulating properties of the product. Both tyrosine adsorption and the addition of MPL® is expected to produce greater efficacy while at the same time reducing incidence and the severity of the side effects seen in the older unmodified products. GrassMATAMPL products have been available to patients in some European countries since 1999.

Am I Eligible?

Please ask yourself the following questions to determine if you may be eligible to come for a screening visit. Please note, the following questions are not meant to be an extensive list of study criteria, only an indication of if you may be a suitable candidate for this study. A full telephone prescreening can be done if you call us at the number at the top of the page.

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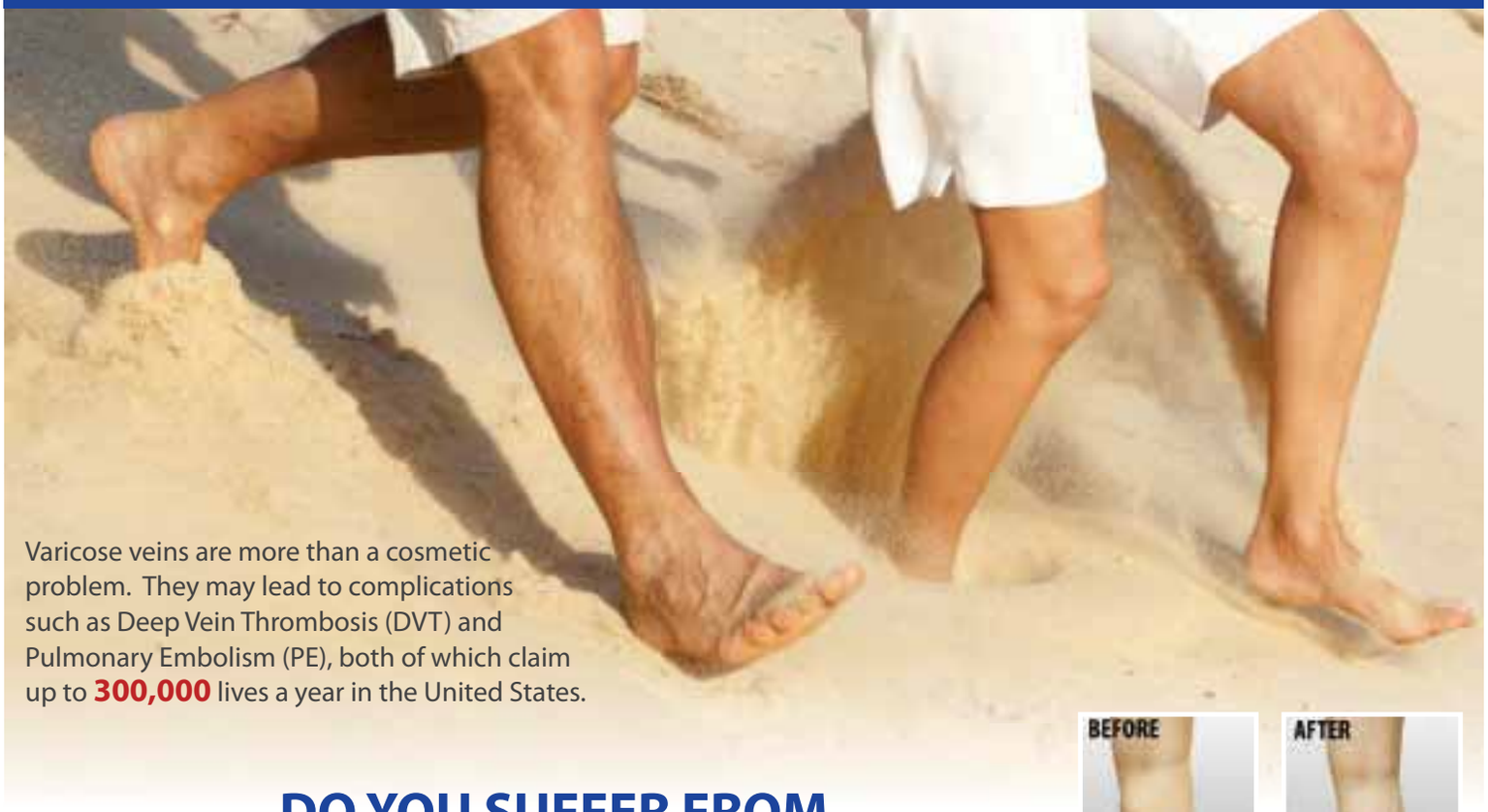

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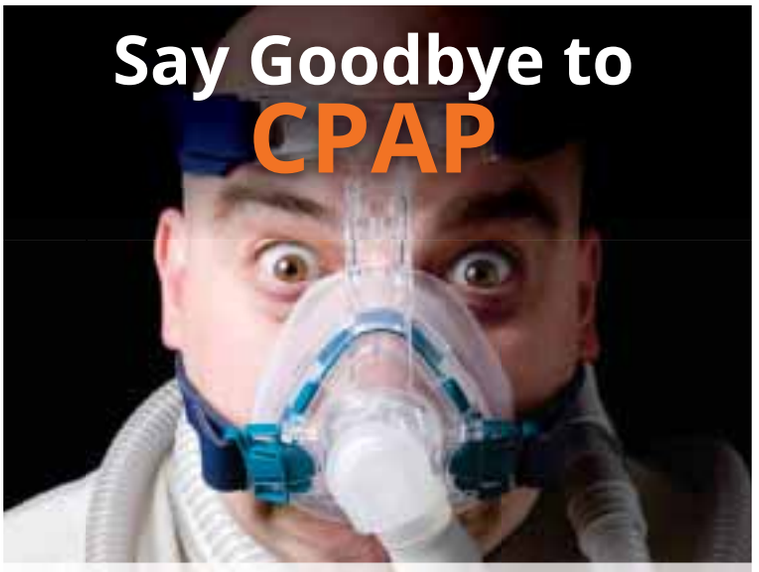

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FBI negotiates with defiant holdouts

Harney County Sheriff Dave Ward earlier this week said the protesters went too far in their armed occupation.

Anti-government protesters drive through town during a rally prior to a rolling vehicle protest by self-proclaimed patriots in Burns, Oregon. GETTY IMAGES

The FBI negotiated with four armed occupants at a remote federal wildlife refuge in Oregon on Saturday while the holdouts in a video posted online expressed their mistrust of the government and reluctance to leave.

One of the four protesters remaining at the Malheur National Wildlife Refuge said in a darkly lit video posted on Friday that he wanted to be assured he would not be arrested if he left. Others with him expressed similar sentiments.

Tensions in the standoff remained high four days after Robert "LaVoy" Finicum, 54, a spokesman for the group that seized buildings at the refuge on Jan. 2, was killed by police during the arrests of occupation leader Ammon Bundy and several other protesters as they traveled on a highway.

Supporters staged a rally in the nearby ranching community of Burns on Saturday night. About 30 pick-up trucks and other vehicles honked horns and waved flags — U.S., Confederate and Gadsden — as they drove. Passing the courthouse, protesters yelled "murderer" and "FBI go home."

B.J. Soper, a founding member of the Pacific Patriots Network, said: "It came from the locals, who asked up to help out and organize this driving rally and show support for the community."

But Mayor Craig LaFollette said the protesters were mostly outsiders who had disrupted the community, adding: "We don't want them here."

Soper countered that rally footage showed "about 70 percent of the locals."

The FBI said Finicum reached for a gun during the confrontation, which was recorded on grainy video. His family disputes that.

In taking over the refuge, protesters criticized federal control of vast tracts of land in a flare-up of the so-called Sagebrush Rebellion, a decades-old conflict over federal control of millions of acres in the West.

Bundy has issued messages through his attorney urging those remaining at the refuge to stand down and saying they would continue to fight through the courts.

REUTERS

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Trump least likely to hit 'follow' button on Twitter

The millions of Twitter users following Donald Trump shouldn't expect a "follow back" from the Republican presidential front-runner anytime soon.

Trump's campaign account @realDonaldTrump has nearly 6 million Twitter followers, the most of any candidate running for president. But he is picky about who he follows, with just 49 accounts listed as of Sunday. That means he has the highest ratio of followers to those he is following, in both the Republican and Democratic fields.

In contrast, Ted Cruz, the senator from Texas who has emerged as Trump's strongest rival, follows nearly 14,000 accounts on Twitter and has 755,000 followers, according to his profile as of Friday.

The exclusivity underscores how Trump primarily uses Twitter to broadcast his message as opposed to engaging in a back and forth with users, experts in digital strategy said. While other campaigns use a similar approach, Trump commands the most attention on social media.

Trump's pickiness may indicate a surprising strategy for the freewheeling Republican front-runner: Playing it safe when it comes to pledging his Twitter allegiance with a "follow."

Donald Trump GETTY IMAGES

Candidates can't pick and choose their followers, but they have control over when to click the follow button.

"There is more risk in who you follow," said Scott Talan, a communications professor at American University who teaches social media strategy. "If you're actively following someone, you're assuming it's not going to be some religious extremist ... or a prisoner with a record."

And, while some Republican candidates follow each other, Trump follows none of them.

REUTERS

Space Selfie

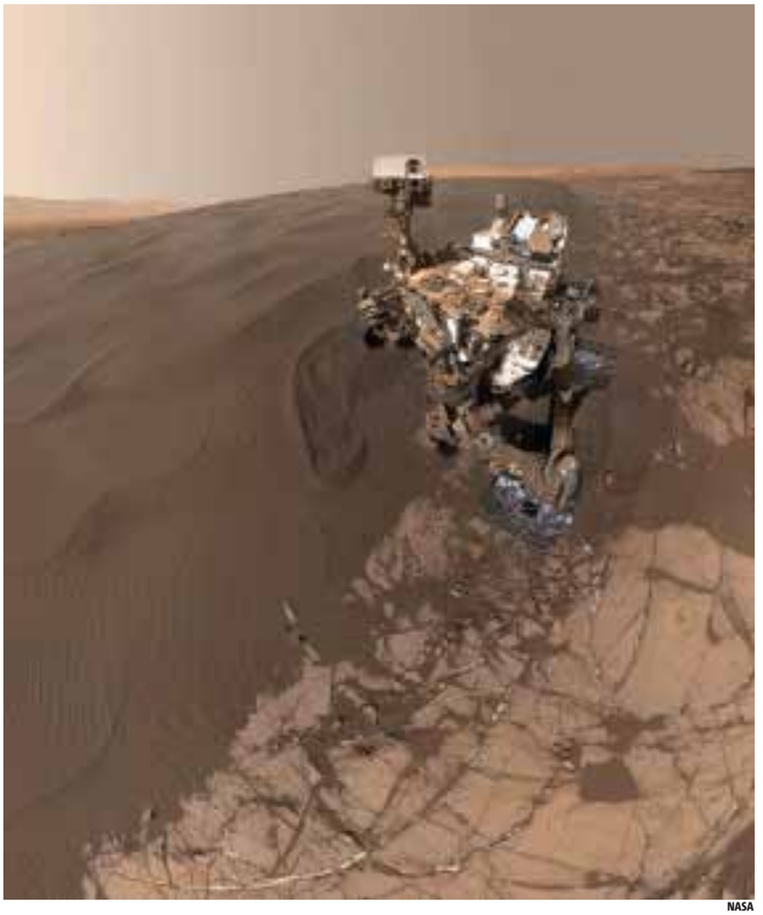
The latest self-portrait from NASA's Curiosity Mars rover shows the car-size mobile laboratory beside a dark dune where it has been scooping and sieving samples of sand.

The new selfie combines 57 images taken by the Mars Hand Lens Imager (MAHLI) camera at the end of Curiosity's arm on.

The rover has been investigating a group of active sand dunes for two months, studying how the wind moves and sorts sand particles on Mars. The site is part of Bagnold Dune Field, which lines the northwestern flank of Mars' Mount Sharp.

When the component images were taken, the rover had scuffed the edge of "Namib Dune" and collected the first of three scoops of sand from that dune. It used its scoop later to collect a second sample.

During processing of the third sample, an actuator in the sample-processing device did not perform as expected when commanded. This week, the Curiosity team is identifying possible reasons for the actuator's performance. NASA



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Syrian security forces and residents gather at the site of suicide bombings in the area of a revered Shiite shrine in the town of Sayyida Zeinab, on the outskirts of the capital Damascus. GETTY IMAGES

Damascus blast kills 60

The Syrian government's chief delegate retorted that the blasts in Damascus, which the Interior Ministry blamed on a car bomb and two suicide bombers, merely confirmed the link between the opposition and terrorism — even though Islamic State has been excluded from the talks.

Syria's main opposition group met U.N. mediator Staffan de Mistura for the first time on Sunday, but the talks ran straight into trouble after Islamic State bombers killed over 60 people near the country's holiest Shi'ite shrine.

Representatives of the Saudi-backed Higher Negotiation Committee (HNC), which includes political and militant opponents of President Bashar al-Assad, warned they may yet walk away from the Geneva talks unless the suffering of civilians in the five-year conflict is eased.

The United Nations is aiming for six months of talks, first on a ceasefire, then working toward a political settlement to the civil war that has killed over 250,000 people, driven more than 10 million from their homes and drawn in global powers.

The HNC has insisted air strikes and sieges of Syrian towns must end before it joins the "proximity talks", in which de Mistura would meet each side in separate rooms.

"In view of the [Syrian] regime and its allies' insistence in violating the rights of the Syrian people, the presence of the HNC delegation in Geneva would not have any justification and the HNC could pull its negotiating team out," the group's coordinator Riad Hijab said in an online statement.

However, an opposition spokesman described discussions on Sunday with de Mistura as very positive, adding there would be further meetings on Monday. "Things are encouraging and positive concerning humanitarian issues," he said.

U.N. Secretary-General Ban Ki-moon described the talks — the first in two years — as long overdue. "I urge all parties to put the people of Syria at the heart of their discussions, and above partisan interests," he said during a visit to Ethiopia.

In Washington, Secretary of State John Kerry urged both sides to seize the opportunity to make progress. "In the end there is no military solution to the conflict," he said in a televised statement. REUTERS

BRIEF

UN asks for $861 million to help Iraq meet humanitarian bill

The United Nations appealed on Sunday for $861 million to help Iraq meet a big funding gap in its 2016 emergency response to the humanitarian crisis caused by the war against Islamic State.

Baghdad, whose revenues have fallen as oil prices have plunged, has said it would manage to finance less than half of its $1.56 billion plan to assist 10 million people in need.

"With the expanding needs, the allocation through the federal budget will not be sufficient. We expect that the highly prioritized [U.N.] Humanitarian Response Plan will help cover part of the gap," Minister of Migration and Displacement Jassim Mohammed al-Jaff said in a statement.

U.N. humanitarian coordinator in Iraq Lise Grande said she expected the crisis in Iraq "to widen and worsen" in coming months.

The United Nations expects huge numbers of civilians to flee Mosul when Iraqi forces mount an offensive to retake the northern city from Islamic State, which the authorities have pledged to do this year.

"The number of people who need help is going up, the amount of resources is going down and that's why you have a really big gap. What we're trying to do in a very clear way is to prioritize," she told Reuters after launching the appeal in Baghdad.

Among the 10 million Iraqis requiring urgent assistance are more than 3.3 million people displaced by the conflict with Islamic State since 2014 and a quarter million people from neighboring Syria who have fled from their country's nearly five-year-old war, according to the United Nations. Children make up half of the displaced population. REUTERS

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Can Baby Boomers Avoid Knee Surgery With Modern Arthritis Treatments?

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the OsteoRelief Institute in New York City. "*The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

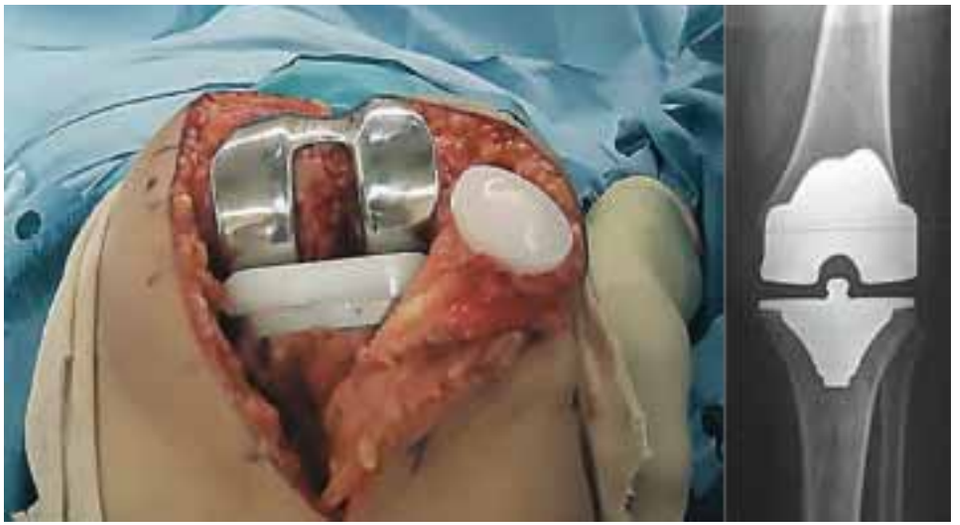
For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

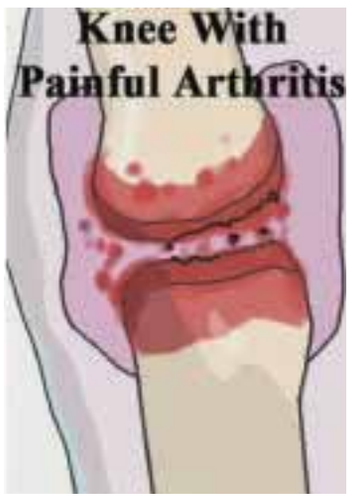
A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imagining and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to OsteoRelief Institute New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Osteorelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments.

Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).

If You Can Answer Yes -You Are Eligible For A Knee Arthritis Screening With The Experts At OsteoRelief Institute

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

Mixed-sex prayer site at Western Wall

The wall is revered as a vestige of Judaism's two ancient temples and access to it is segregated by gender. Most religious rites take place in the men's section in accordance with centuries-old Orthodox standards that hold sway in Israel.

Western Wall in the Jerusalem old city. GETTY IMAGES

The Israeli government approved on Sunday the creation of a mixed-sex plaza at Jerusalem's Western Wall to accommodate Jews who contest Orthodox curbs on worship by women there.

The new area will be located at a separate expanse of the wall that, when seen from the plaza looking toward the wall, stands to the right of the current Orthodox-administered compound where men and women will still worship separately.

More liberal streams of Judaism, which outside of Israel have larger followings than Orthodoxy, chafe at the restriction. It is regularly challenged by the activist group "Women of the Wall," sometimes setting off scuffles and police intervention.

Under the plan approved by Prime Minister Benjamin Netanyahu's cabinet over objections from Orthodox members, an old archaeological site will be turned into a plaza where men and women can mix and pray freely.

In remarks broadcast before the 15-to-5 vote, Netanyahu said the plan sought a "solution to the question of the Women of the Wall" and "a compromise on this sensitive issue of a place that is meant to unite the Jewish people." REUTERS

Peripheral Artery Disease

Peripheral Artery Disease (PAD) is a serious condition in which the arteries that carry blood to the legs become narrowed or clogged. PAD interferes with the normal flow of blood, causing pain and making it difficult to walk. PAD can be treated.

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Bradley Cooper isn't single

I know you're worried about Bradley Cooper's love life, so let me set your mind at ease. The "Joy" star did not split up with model girlfriend Irina Shayk over the holidays, despite a report that surfaced this weekend. And that breakup that didn't happen totally wasn't because she doesn't get along with Cooper's mom. Nothing could be further from the truth, according to E! News. "They are still very much together. Irina gets along great with Bradley's mother," a source says. "They are extremely close and hang out even when Bradley is not around. They have a vacation coming up as well." OK, you know what, anonymous source? You're trying a little too hard to be convincing there. Maybe I'm getting a little suspicious again.

ALL PHOTOS GETTY IMAGES

SAG Awards not so white

Take that, Oscars. It's going to be an extra awkward end-run for this year's awards season now that so much attention has been drawn to the lack of diversity at the Oscars, since every other awards show will inevitably be compared to them — and favorably, at that. Take, for example, this weekend's Screen Actors Guild Awards, which saw trophies going to the likes of Idris Elba, Queen Latifah, Viola Davis and the cast of "Orange is the New Black," who even took a moment to call out the Academy for its diversity issues. "Look at this stage, this is what we talk about when we talk about diversity," Laura Prepon said while the "OITNB" cast was accepting the win for Best Performance by an Ensemble in a TV Comedy. "Different race, color, creed, sexual orientation — I mean, thank you so much." And Elba himself actually took home two trophies. Take that, Oscar.

DAILY VIDEO

Stripper cop

It's hard enough having a decent birthday party without hot-button issues like police brutality and race relations coming up. But that's just the world we live in today, right?

This comedy sketch from the U.K. explores just how awkward things can get when a hired stripper takes her job a bit too seriously — and her attempts at authenticity turn a wee bit racist. But hey, at least she's trying, right?

Kate Winslet's favorite emoji

Stars — they're just like us. At least when it comes to sending people rude emojis, that is. While walking the SAG Awards red carpet, Kate Winslet was about which adorable little icons she favors, and she got really into her answer in a really endearing way. Like, really into it. "I always use the poo one! And the chicken," she explains. "I like the heart — but then one that looks like the pink heart with even the littler pink heart! I like that one, too!"

Chris Brown's Grammys Twitter rant

Whenever I see something about the Grammys and Chris Brown's temper, I start to worry. But can you blame me, given his history? But we can all breathe a little easier, because this time he was just working out his aggression on Twitter, not a fellow human being. So what's bugging him this time? Apparently Brown is feeling slighted because his latest album, "Royalty," didn't earn any Grammy nominations. Of course, Brown himself is nominated for one for his work on the track "Only" with Nicki Minaj, Drake and Lil Wayne, but apparently that's not good enough for him. "If you turn on your radio right now I promise you within the hour you will hear Chris Brown on damn near half the songs or I've co-written," he tweeted. "The awards used to mean something. Now it's about likes and memes." Somebody needs a hug.

Joel McHale
My Twitter account now has towel service.

Billy Eichner
While you guys waste your time arguing about the election I'll be here PRAYING that Jacob Tremblay stays grounded.

Chloe Grace Moretz
Day after getting nails done.. Commence chipping process :(

Mike Birbiglia
If you don't cry watching Carol Burnett's speech on the #SAGawards you are a robot.

Jack Black likes the sound of his voice

The actor prefers doing animated films, like "Kung Fu Panda 3," to live action.

ORLANDO MALDONADO
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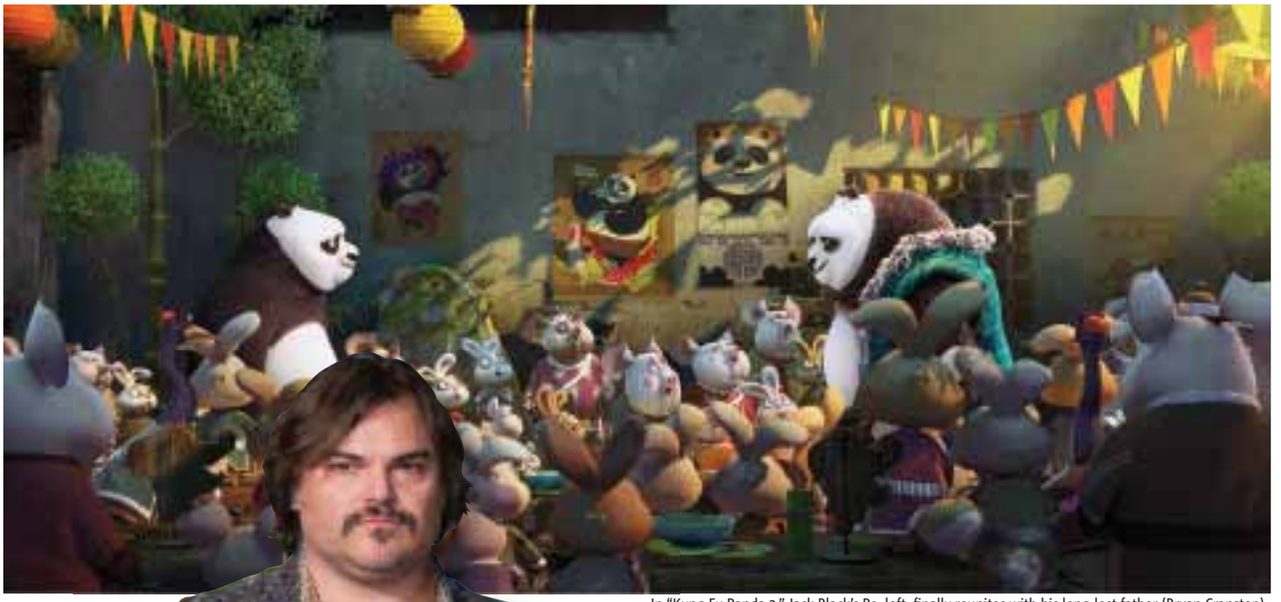

In "Kung Fu Panda 3," Jack Black's Po, left, finally reunites with his long-lost father (Bryan Cranston). DREAMWORKS ANIMATION

Jack Black has spent the last decade voicing Po, the title star of the "Kung Fu Panda" movies. The first one came out in 2010, but the actor and performer, 46, was in the recording booth before the studio even began animating. He's back in the third film, which finds him finally meeting some other pandas and battling a menacing martial arts master (voiced by J.K. Simmons). Black talks to Metro about his love of voicework and that time last year when he visited Uganda for Red Nose Day and came away speechless.

How's your kung fu?
I am a fan. I've always been a fan of the genre and kung fu movies. I wouldn't say I'm a master of kung fu, but I can defend myself. [imitates kung fu movements]

Do you prefer voicework over doing live action?
When you have to get up at 5 a.m. for costume and makeup and you know they're going to shoot you, it's a stressful process. I'm much more relaxed when I'm voice acting, and I think I do it better, to be honest.

GETTY IMAGES

How did you come up with Po's voice?
No one really asked me to create a character voice. I made a very different voice in another Dreamworks animated film in which I worked many years ago, called "A Shark Tale." [This character] had a Brooklyn accent; it was like a Woody Allen film. This time, they were very specific in that they wanted me to be myself. "We want you to be you," I was told. "We want Po to have the voice we know from 'School of Rock.'" And that's what I did.

We saw a more serious side of your personality when you traveled to Uganda. Have you returned to talk to Felix, the 12-year-old homeless orphan you met there?
I have not spoken to Felix, but I have been in contact with people in the organization, because I want to send him to boarding school. That's the plan and I am funding him, but they say he needs more time at the shelter before making the transition to a more intense education. But somehow, I feel I have unfinished business there. I would love to return.

Children identify a lot with you.
I'm just a clown and children like it when I do strange faces, which is the international language of clowning. That's why I got so emotional. These children are in a terrible and very dangerous situation, but when you see that they still have a great sense of humor, it breaks your heart to think that at the end of the day, you are going to go home but they will remain there.

Do you think humor is international and that's why these films do well everywhere?
Usually, humor does not travel well because of the language barrier. Many things are lost in translation. I think we've been fortunate to have worked with universal themes that are funny in many languages, and that has helped us to succeed where other comedies have failed. I think it's because it is not strictly comedy. Although they may not get all the jokes, the adventure and the emotional aspect of the film is probably best translated. The fights, the father-son drama — that's universal. Love!

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Shane Mason
PHIL BERGEVIN

Setting up an accounting office inside a bar is the kind of simple genius that makes you wonder why we haven't been doing it all along. At least if the news is bad, it just makes sense to have a bracing drink one desperate gesture away.

Certified public accountant Shane Mason is setting up shop inside Bushwick's new all-tap cocktail bar Yours Sincerely on select nights, and by special appointment, all this month.

Mason is good friends with Yours Sincerely's owner, Julian Mohamed, who also owns the matchingly named Dear Bushwick restaurant next door, and they've been kicking around the idea of having him work there for three years. It finally came together at Yours Sincerely because "it's much more accommodating, with comfortable booths where you can really get settled and cozy get some work done."

The idea appealed to him as an independent accountant, since he doesn't have office space — and if business can happen in a coffee shop, why not a bar? Plus, there are benefits to the setting. "It's more relaxed," he says. "You don't feel much of a rush to get in and out of there. You're already doing what you want to do."

Mason's fee is $135 an hour, which should be sufficient time for most filers, though special cases like freelancers and itemized deductions will cost more. That price considerately includes one of the bar's 17 on-tap cocktails (for the client), and it's easy enough to keep things rolling when drinks cost $4-$9. Batching keeps the prices low and the cocktails consistent — bar manager Darren Grenia spent two years honing his recipes in his basement, emerging with results like the Chaos Theory (Jamaican Jerk-infused rum, chickory-infused bourbon, molasses, mole bitters) and Transmit the Box (chipotle-infused mezcal, Aperol, agave, chocolate). Housemade sodas, beer, wine and a whiskey round out the drink options.

Mason does financial planning as well, and calls his sessions a holistic financial meeting. "Even if you have two W-2s, you need some advice on how much to withhold," says Mason. "Almost everyone can use a 15-minute conversation with a tax professional to at least explain the system to them and make recommendations when it comes to retirement."

And a courtesy note: Though Mason also gets a drink on the house at the end of his shifts, he won't turn down an Old Fashioned (made with a date-infused bourbon) from grateful clients.

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Think being a leader means being a magnetic force of nature? Think again. Quiet types with a calm, steady demeanor make for effective bosses, too.

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For the record, introverts don't walk around with paper bags over their heads.

Though commonly characterized as reflective loners who prefer solitude to social settings, introverts can and do excel in positions that place them in front of the public, says Beth Buelow, author of "The Introvert Entrepreneur: Amplify Your Strengths and Create Success on Your Own Terms."

"People think if you're a talker, then you're a leader, or a salesperson," says Buelow. But in reality, the introvert/extrovert distinction is far more complicated.

"Shift your mind-set from thinking of introverts and extroverts as personality types to energy types. It's more about where we gain and drain our energy."

The differentiation, says Buelow, boils down to the fact introverts "prepare energetically" by internally processing, whereas extroverts tend to recharge by socializing and verbally processing.

And yet, the image of introverts as wallflowers who shrivel at the thought of collaboration persists, so we don't often associate them with jobs like teachers, reporters, actors and entrepreneurs. But introverts do succeed in "extroverted" jobs, and their strengths may actually give them an edge.

Here's how introverts can outshine the extroverts

Set yourself up for success
Introverts tend to thrive at work under certain circumstances, says Buelow. For introverts, "what's important is that they have a clear role, a certain degree of autonomy, and that they have room for mastery, so they can get really good at what they're doing."

Capitalize on your strengths
Introverts are stellar listeners. Like some of the best leaders and salespeople, says Buelow, they're able to "put the spotlight on others, instead of feeling like all the energy has to be directed on themselves."

Take an improv class
Introverts struggle when they're forced to act spontaneously or respond under pressure — which is precisely what improv forces us to do. "It's not about being funny; it's about thinking on your feet, accepting offers and learning to trust yourself," says Buelow. Those principles will then carry over into work situations.

Own your role
Some of the most successful introverts are actors, says Buelow, because "innies" can fairly easily slip into a role that's "scripted, controlled and where there are clear expectations, so they don't have to reveal themselves." For introverts, being hooked into something like a specific role or an organization with a clear mission can give that extra boost of confidence.

What's next for CUNY?

When faculty pay is at issue, so is education.

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The City University of New York's reputation for providing low-cost, quality education has long made it a bastion for working-class, low-income and immigrant students.

But when the largest urban public university system in the county and its faculty reach a salary-negotiation roadblock, how might the education of its students, particularly those from disadvantaged backgrounds, be affected?

The answer hangs in the balance after contract negotiations between CUNY and the Professional Staff Congress, a union representing more than 25,000 CUNY faculty and staff members, came to a halt last week. The sides had been working toward a contract for five years. After rejecting CUNY's contract proposal, university management declared an impasse.

The PSC said in a statement CUNY's proposal "fails to provide the investment needed to protect high-quality education at CUNY." The proposed 6 percent salary increase over six years was considered a "salary cut" because it does not keep pace with inflation. CUNY faculty's last raise was in October 2009; its contract expired in 2010.

"The main issue is that the university's failure to resolve a contract has already hurt students," says PSC president Barbara Bowen. "The fact we haven't had a raise in six years has made it difficult for faculty and staff to stay at CUNY. Nobody goes into academia to get rich, but salaries lag behind comparable places so dramatically."

And for CUNY students, says Chika Onyejiukwa, a Hunter College junior and the vice chair for legislative affairs in CUNY's student senate, faculty accessibility and retention are especially important.

"For many [students], they look to faculty for that guidance, even if it's just casual conversations about earning their degree," says Onyejiukwa.

Currently, 42 percent of CUNY students represent the first generation in their families to attend college, and 54 percent come from families with an income of less than $30,000.

Contract negotiations have also raised concerns among students about another crucial financial concern: their tuition. Under the SUNY 20/20 schedule, tuition has already increased $300 a year for the last five years.

"Students are paying more and we're receiving less, and in the end we'll be priced out," says Onyejiukwa.

Is an organized strike next?

Since rejecting CUNY's offer, PSC has escalated its campaign by calling for a strike authorization vote from its members. To be clear, it is not a strike, but would give the executive council authority to call for a strike down the line. The vote, says Bowen, would take place in March, and the PSC is still "very, very far from exercising a strike."

Matthew Crain, a media studies professor at Queens College, says he'll vote yes on the authorization vote to give his "confidence and trust" to his leaders.

"It's [CUNY] one of the larger institutions, which takes its mandate to serve working-class and first-generation students very seriously. How it plays out will have an impact on other labor organizations and education institutions," he says.

Keeping CUNY costs low for students comes at a price of short-changing professors a competitive salary. GETTY IMAGES

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10 best NFL players of all time

We rank the best of the best in pro football history. The old guard doesn't get much love.

MATT BURKE
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Tom Brady and Peyton Manning both land in our top 10. GETTY IMAGES

It might just be the greatest sports bar argument of all time. Who is the greatest football player of all time?

You Ronald "Mac" McDonald non-believers in evolution won't subscribe to my theory that athletes get better as the generations move on, so this list will sting a little for the nostalgia-obsessed.

In addition to the era in which these players played; winning, individual statistics, position (QB is the most important position in all of sports) and the all-important eyeball test also factors into the formula.

Let the debate begin.

1 Tom Brady, QB

It has never been more difficult to win in the NFL. There are 32 teams in the league. In Joe Montana's time, there were 28 teams. In Jim Brown's era, there were just 14 teams. Oh, and now there is full blown free agency. It's next to impossible to keep a great team intact.

Brady has started more Super Bowls than any QB in history and is tied with Montana and Terry Bradshaw for the most titles.

Statistics? His 2007 season (4,806 passing yards, 50 TD passes, only eight interceptions) should be regarded as the greatest passing season of all time (Peyton Manning had double-digit interceptions in each of his best passing seasons).

2 Joe Montana, QB

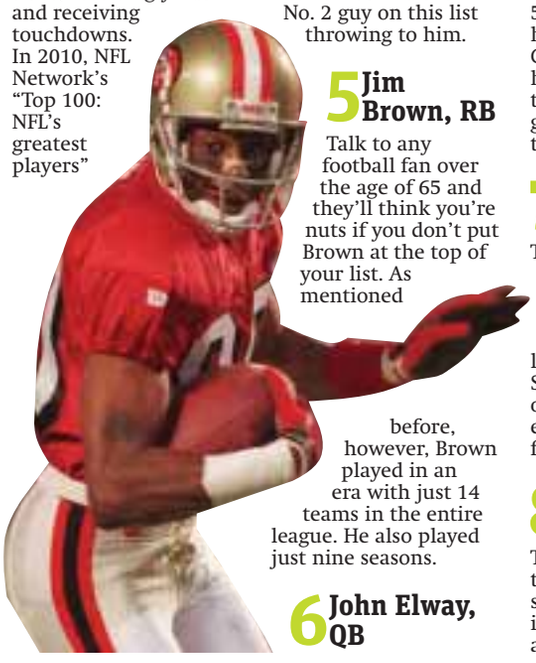
Montana never passed for over 4,000 yards in a season. He also played with another guy on this extremely elite list (Jerry Rice). Because of stats and because he had much more help, Montana is edged by Brady here. Yes, Joe Cool was a perfect 4-0 in Super Bowls, but Brady has a higher playoff winning percentage (.710 to .696).

3 Lawrence Taylor, LB

Comedian Artie Lange sums up LT's greatness in a joke, saying that in the 1980s everything that late Giants public address announcer Bob Sheppard said ended in "… and Taylor." LT was so good that he was seemingly in on each and every tackle during Giants games in that era. Taylor won the NFL MVP award in 1986. He is the last defensive player to win the award.

4 Jerry Rice, WR

Rice is the NFL's all-time leader in receptions, receiving yards and receiving touchdowns. In 2010, NFL Network's "Top 100: NFL's greatest players" placed Rice at No. 1. But he also had the No. 2 guy on this list throwing to him.



5 Jim Brown, RB

Talk to any football fan over the age of 65 and they'll think you're nuts if you don't put Brown at the top of your list. As mentioned before, however, Brown played in an era with just 14 teams in the entire league. He also played just nine seasons.

6 John Elway, QB

Elway had phenomenal numbers (300 TDs, 51,475 yards) and got his team to the Big Game five times. But his sub-.500 record in the Super Bowl (2-3), gets him pushed closer to No. 10 than No. 1.

7 Peyton Manning, QB

The nine "one-and-dones" Manning has on his playoff résumé will forever hurt him on these type of lists. If he can capture Super Bowl title No. 2 on Sunday, however, expect him to vault a few spots.

8 Joe Greene, DT

The 1970s Steelers had to factor in on this list somehow, and Greene is regarded by most as the best player on those dominant teams. He was a 10-time Pro Bowler and won four Super Bowls.

9 Reggie White, DE

White led the league in sacks twice, during the era in which the aforementioned LT played in. His Super Bowl win with the Packers in 1996 helps his case to sneak into the top 10 here.

10 Barry Sanders, RB

If Sanders had that one Super Bowl title like White, he would be much higher on this list. But he's without question the greatest "eyeball test" player of all-time. Like Brown, his early retirement hurts him on these lists.

Prediction machine tests NFL eras

The Jets' lone Super Bowl winning team comes in at No. 35 all time.

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The 1968 New York Jets are the best team in franchise history as their Super Bowl III win is credited for the AFL-NFL merger and a victory that changed the game. It was a team and a game that made a generation of Jets fans, who still cling to that moment to this day.

But how good was that team, really? And how would it stack up against today's Super Bowl winners?

It is a question whose answer we will never know for sure, but the people at PredictionMachine.com have endeavored to find an answer. Using the Predictalator technology, PredictionMachine simulated 50,000 matchups between the 49 Super Bowl winners, including the '68 Jets.

They analyzed and ranked the teams — only the Super Bowl winners — then simulated the results in a historic head-to-head that only can happen in our dreams. Or on computer screens.

The results have the 1999 St. Louis Rams as the greatest team of all time — a bit of a surprise. And those Jets? Look down to No. 35 on the list.

That was a great Jets team, led by Hall of Fame quarterback Joe Namath who had an infamous guarantee before the big game, words that now live in infamy. The Jets were heavy underdogs before that game and their win goes down as one of the greatest moments in Super Bowl history.

In fact, it changed football forever.

Interestingly enough, though, that Jets team ranks in the bottom-half of all Super Bowl winners according to PredictionMachine. They are ahead of the New York Giants teams that won the Super Bowl in 1986 (No. 41) and in 2007 (No. 43).

The 2011 Giants come in at No. 25 on the list.

Joe Namath's 1968 Jets come in at No. 35, according to the "Predictalator." GETTY IMAGES

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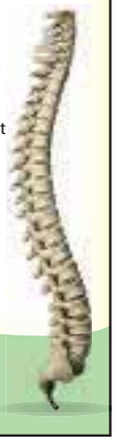
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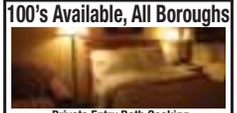

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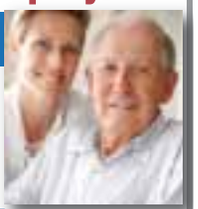

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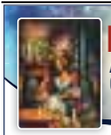

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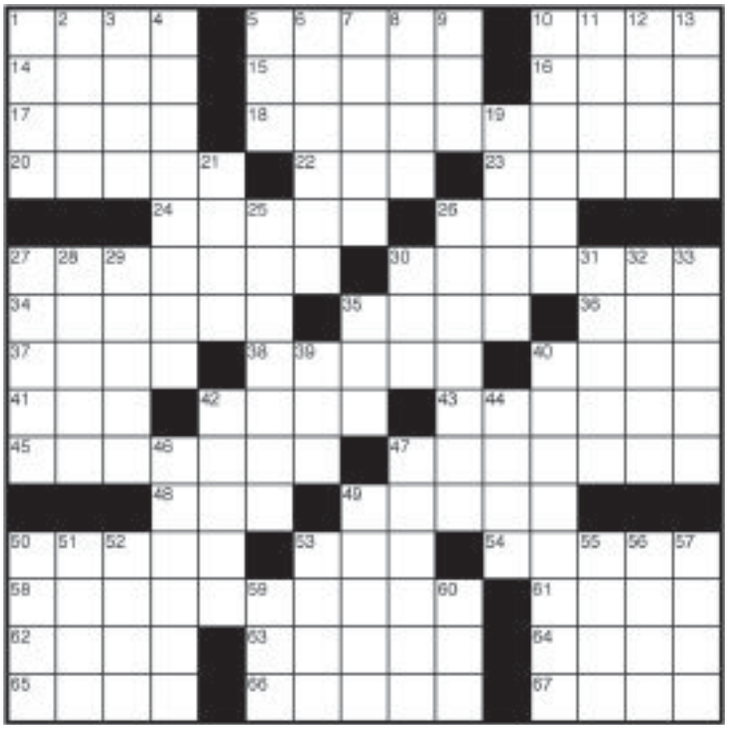

Across

1 Rapid transit?
5 Searches
10 Green mineral
14 Just
15 Australian gems
16 What never to tell (2 wds.)
17 Fly the —
18 Head gorilla
20 Pay homage
22 Actor — Beatty
23 Drama prizes
24 Things to crack
26 Pub pint
27 Plotted
30 Oats container
34 Not as loose
35 Pelts
36 Freud, to himself
37 Tach readings
38 Jungle charger
40 Salmon variety
41 Galleon cargo
42 Amble or trot
43 Browns lightly
45 Reflects
47 Pretentious talk
48 Meyers of "Kate & Allie"
49 "— Marner"
50 Jim Croce's "I Got — —"
53 Happy sighs
54 Milan's La --
58 First aid item
61 Sheik's cartel
62 Aware of
63 Banana cluster
64 Meat-grading org.
65 Kind of music
66 Downright mean
67 Warty critter

Down

1 Musical genre
2 Familiar auth.
3 Freighter hazard
4 Prepares for print
5 Kind of lettuce
6 Had one's say
7 All uncles
8 Wide st.
9 Compass pt.
10 Elbowed
11 Jai —
12 Casino supply
13 Mouse alerts
19 Customary functions
21 Hobbling
25 Maserati rival
26 Spray can
27 Thurmond of South Carolina
28 Romantic isle
29 Laughing matter
30 Merriment
31 Flora and fauna
32 Needs an aspirin
33 Spook
35 Temper tantrum
39 What's- — -name
40 Boys' group member (2 wds.)
42 Bridge expert
44 Amo, —, amat
46 Force through
47 Split down the middle
49 Avoids
50 Lepton locale
51 Taboo (hyph.)
52 Freeway clogger
53 Ocean color
55 Lhasa —
56 Helen of Troy's mother
57 Mil. school
59 King — Saud
60 Your, old-style

metro.us/sudoku

easy

						8		4
	6	8			4			
3			2	1		7		
4	8		1	3			9	
		6		2		3		
	5			9	7		4	1
		1		7	2			8
			6			5	3	
6		9						

hard

8		2			5		9	
				8		2		
3		9	2	4			5	
	5			9		6		
9								7
		6		5			8	
	8			3	6	9		4
		3		7				
	9		8			3		2

metro.us/horoscopes

Aries Gather information and hone your skills to suit the current job market. Avoid a run-in with someone you love. Stay focused on advancing your career.

Taurus Execute your plans systematically in order to fire up interest in what you want to do next. Celebrate your success. Romance will enhance your life.

Gemini Don't look back or give in to someone trying to take advantage of your abilities. Temptation or unrealistic offers will lead to regret and setbacks.

Cancer You can reach your goal and improve your life if you are willing to do things a little differently. Learn from those with more experience or a different perspective.

Leo Take responsibility and do what has to be done before someone complains. Avoid an argument in order to bypass an emotional and financial loss. Keep the peace.

Virgo You'll attract interest and favors from people you have worked with in the past. Enjoy your success with someone who has supported you from the beginning.

Libra Keep a low profile until you know exactly how you want to handle an emotional situation. Acting in haste will jeopardize your position, reputation and popularity.

Scorpio Share your creative ideas with someone who has something to contribute. Consider a partnership and make a proposal that offers incentives that will ensure your success.

Sagittarius Keep your secrets to yourself. Someone trying to take advantage of your skills will put you in a compromising position. Stick close to home and protect your assets.

Capricorn Express your thoughts and make a point to do something nice for the people you love. Sharing your plans as well as your success with loved ones will bring you closer together.

Aquarius Don't let your emotions take charge. Get your facts straight before you confront someone. Work on self-improvement, not trying to change others.

Pisces Your generosity will result in unexpected benefits. Your skills will be recognized, and a proposal will help you use your attributes diversely. Love is in the stars. **EUGENIA LAST**

Yesterday's answers

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5-8 pm	W.A.T.E.R. Workout
5:30-7 pm	Competitive Basketball
6-6:45 pm	Zumba®
6-7:25 pm	Yoga
6-8 pm	Training Tips
6:15-7 pm	Spinning®
6:45-8 pm	Relentless!
6:50-7:30 pm	Pre/Postnatal Yoga
7-7:45 pm	Beginner Swim Group
7-7:45 pm	Deep-Water Running
7:10-7:40 pm	Full-Body Abs Workout
7:35-8:35 pm	Intro to Yoga
7:40-8 pm	HIIT
8-8:30 pm	TRANSFORM!
8:05-9 pm	One & Done
8:10-9 pm	Train Like a Gymnast
8:30-9:30 pm	Dodgeball
9:10-10 pm	Train Like a Gymnast
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9:30-10:30 pm	Recreational Basketball

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